



FOOT NOTES

BUNIONS

A bunion or hallux valgus is defined as a deviation away from the mid line of the great toe. More commonly described as a bump on the big toe joint, a bunion is caused by a pronated (flat) foot and an excessively flexible great toe joint. When these two conditions exist, the big toe will be called upon to absorb a tremendous amount of weight as the foot pushes away from the ground during walking. Eventually, this forces the toe to deviate or bend towards the baby toe.

Treatment

- 1** An orthotic (custom made insert) can eliminate the over pronation of the foot and thus, prevent further deviation of the big toe joint.
- 2** Proper footwear will be an integral part of your treatment. Speak with your Chiroprapist/ Podiatrist for details.

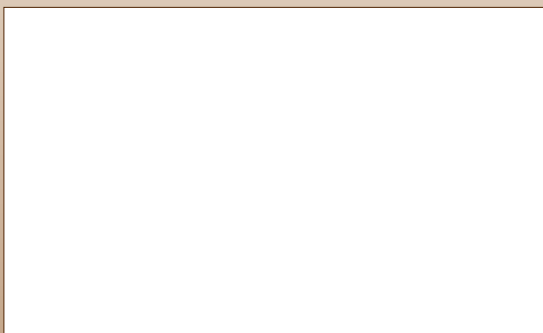




Treatment

- 3** Physiotherapy treatment may be required to reduce the inflammation and pain within the joint, and strengthen the small muscles of the foot. Your Chiropodist/Podiatrist may introduce laser and/or an exercise program.
- 4** If pain and dysfunction persist, surgery may be required. This involves aligning the great toe, and correcting the deformity.

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